

MEET YOUR FUTURE SELF WORKSHEET

First, [click here](#) to listen to the guided visualization.

Then, using this worksheet, write down what you saw during your visualization.

THREE DETAILS

What are three strong, distinctive details that you noticed during your visualization?

(For example: “I noticed a book on the shelf (a book that I wrote!)... a trophy on my desk... and a ruby ring on my right index finger.”)

1. _____

2. _____

3. _____

What do you think each of those details mean? What do they represent for you?

(For example: “I think the trophy means that I am craving more ‘public recognition’ for my work. I want to be perceived as a leader in my industry.”)

1. _____

2. _____

3. _____

YOUR FUTURE SELF OUTFIT

Put together an outfit that represents your Future Self!

What would it include? Write down the shoes, clothes, accessories, color palette, everything you would choose. Write it all down.

You can also gather images and use an online tool (like Pinterest or Canva) to create a digital vision board.

Outfit ideas:



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